

California GARDEN

MAY-JUNE 2005

Volume 96 No. 3

\$3.00



HORTICULTURAL CALENDAR

Apr. 29-May 1 Fri.-Sun..

"SAGE AND SONGBIRDS GARDEN TOUR"
C.H.I.R.P. for Garden Wildlife, Inc. Alpine sites
(6 gardens and 1 raptor rehab facility) \$15.
Proceeds benefit habitat education programs.
619/445-7675 www.chirp.org.

Apr. 30-May 1 Sat.-Sun.

"SAGE AND SONGBIRDS FESTIVAL"
vendors, music, exhibitions and more. Viejas
Outlet Center, Alpine. Free.

Apr. 30-May 1 Sat.-Sun.

SAN DIEGO-IMPERIAL COUNTIES IRIS SOCIETY
39th Annual Spring Show, "Music In The Air",
featuring specimen examples of different iris types
and a display of artistic designs. Sat. 1-5 p.m. and
Sun. 10-4 p.m. Balboa Park, Casa del Prado, room
101. Free

Apr. 30-May 1 Sat.-Sun.

SAN DIEGO ROSE SOCIETY 78th Annual Rose
Show, "Romancing The Rose", Sat. 1-5 p.m.
Balboa Park Club. Adults \$3, children under 12
free. 858/675-7042 www.sdrosesociety.org.

**Apr. 30-May 1 Sat.-Sun. (again May 7-8, 14-15, 21-22,
28-29, and June 4-5, 11-12, 18-19, and 25-26)**

LA VENDER DAYS Self-guided tours, 10a.m.-
5p.m., of the nine-acre certified organic lavender
farm featuring over 15,000 plants, a lavender
labyrinth (special labyrinth walk on May 22 from
3-5 p.m.) 12460 Keys Creek Rd., Valley Center.
760/742-1489 www.thelavenderfields.com

Apr. 30-May 1 Sat.-Sun.

VISTA GARDEN CLUB 71st Annual Flower
Show and Plant Sale "Magic In The Garden"
Brenge Terrace Recreation Center, 1200 Vale
Terrace Dr., Vista. Sat. 1:30-5:30 p.m. and Sun.
9-4:30 p.m.

May 1 Sun.

SAN DIEGO NATURAL HISTORY MUSEUM
special event-Chocolate Sunday
Mmmmm....chocolate. This is the final day to view
the traveling exhibition, "Chocolate". Chocolatiers
will display their finest gourmet chocolates
available to sample and purchase. Free with
museum admission. Tasting tickets are \$0.50.
619/255-0203 www.sdnhm.org

May 1 Sun.

BALBOA PARK EARTH DAY throughout the
park 9-5 p.m.

May 2 Mon.

CGCI FLORAL DESIGN FORUM by Velma
West who will present a dynamic floral design
program. She is a teacher, an artist, and founder
of the Floral Design Forum, who has been a

mentor to many floral designers in San Diego.
12:30 to 3 p.m. Carlsbad Women's Club, 3320
Monroe Street, Carlsbad. \$8. at the door.
760/749-9608.

May 7 & 14 Sat.

FRIENDS OF HORTENSE MILLER GARDEN
invite you to a gala coffee morning at this famous
garden in Laguna Beach. Tour the garden, visit
Hortense Miller, and visit her mid-century modern
house. Tasty snacks and drinks will be served.
Limited to 25 visitors each day, 9 a.m. to noon.
Suggested donation: \$30 per person. For
reservations please call Marsha Bode at 949-499-
5518.

May 7 Sat.

★SAN DIEGO FLORAL ASSOCIATION
LIBRARY open 10 a.m.-3 p.m. Mon.-Fri. and the
first and third Saturdays. Members can check out
books. (Membership \$15 a year, includes
magazine.) Balboa Park, Casa del Prado, Room
105. 619/232-5762.

May 7 Sat.

MISSION HILLS GARDEN CLUB 7th Annual
Garden Walk "Garden Vistas: Near and Far." A
self-guided, walking tour through North Mission
Hills' gardens. Begins at Mission Hills Nursery,
1525 Ft. Stockton Dr., 10-4 p.m. rain or shine.
\$20 or \$15 in advance.

May 7 Sat.

THE ANNUAL CLAIRMONT GARDEN TOUR
sponsored by the Clairmont Town Council. 10-4
p.m. Compost demonstration, Master Gardener
Association available to answer questions.
858/831-9555 or www.clairmont-tc.net.

May 7 Sat.

LA JOLLA GARDEN CLUB Gardener's Market
8-12:30 p.m. In front of Washington Mutual Bank
at the corner of Gerard and Silverado in La Jolla.
Plants, flower arrangements, coffee, snacks, and an
expert on topiaries. Free.

May 7 Sat.

WALTER ANDERSEN NURSERY CLASS on
attracting butterflies and birds. 9 a.m. at 3642
Enterprise St., San Diego. 619/224-8271. Or,
Spring flower gardening. 9:30 A.M. at
12755 Danielson Ct., Poway. 858/513-4900. Free.

May 7-8 Sat.-Sun.

CALIFORNIA COASTAL ROSE SOCIETY
ARS Rose Show and Plant Sale, "Roses and
Monet." Sat. 1-4 p.m. Free. Auction of left-over
exhibits Sun. 3 p.m. Brenge Terrace Park
Auditorium, Vista 760/766-6914.

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Published by
San Diego Floral Association
for 95 Years

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Send all editorial material and change of address to:

California Garden

San Diego Floral Association
1650 El Prado #105
San Diego CA 92101-1622

California GARDEN

SINCE 1909
LIBRARY OF CONGRESS NO. ISSN 0008-1116

Telephone 619/232-5762

President Dee Krutop president@sdfloral.org
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MAIL-1650 El Prado #105
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619/232-5762
WWW.SDFLORAL.ORG

VOLUME 96

NUMBER 3

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FRONT COVER photograph of *Papilio rutulus*, western tiger swallowtail
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Copies of *California Garden* can be ordered by mail for \$3.00 per copy plus \$1.00 postage.
Single copies of the current issue of *California Garden* magazine can be purchased for a donation of
\$3.00 at the locations listed.

CALIFORNIA ARBORETUM FOUNDATION, 818/447-8207, 301 North Baldwin Ave., Arcadia CA 91006
SAN DIEGO FLORAL ASSOCIATION, 232-5762, Casa del Prado, Rm. 105, Balboa Park, San Diego CA 92101
WALTER ANDERSEN NURSERY, 224-8271, 3642 Enterprise St., San Diego CA 92110
WALTER ANDERSEN NURSERY, 513-4900, 12755 Danielson Court, Poway CA 92064-6847

FLOWER SHOWS: Show chairman contact *California Garden*, 619/232-5762 if you want
the magazine sold at your show.

CALIFORNIA GARDEN (ISSN 0008-1116) is published Bi-Monthly for donations of \$12.00 per year or \$20.00 for
two years, foreign delivery add \$6.00 per year, by San Diego Floral Association, 1650 El Prado #105, San Diego CA
92101-1622. © San Diego Floral Association, 1992. All rights reserved. Periodicals Postage paid at San Diego CA.
POSTMASTER: Send address changes to CALIFORNIA GARDEN, 1650 El Prado #105, San Diego CA 92101-1622.

May 7-8 Sat.-Sun.

RANCHO SANTA FE GARDEN CLUB Garden Tour and Flower Show, "The Ranch In Bloom," Sat. noon-4 p.m., Sun. 11a.m.-3p.m. celebrating Rancho Santa Fe's award in the "America In Bloom" national competition. On Sat., tour three magnificent estate gardens by chartered bus, followed by lunch and a visit to the flower show and plant sale. Bus leaves promptly at 8:30 a.m. from the Rancho Santa Fe Garden Club located at the corner of Avenida de Acacias and La Granada. \$50 public \$40 club members. 858/756-0612

May 7-8 Sat.-Sun.

SAN DIEGO EPIPHYLLUM SOCIETY Annual Mother's Day Show and Sale, "Landmarks Across America" Early-bird plant sale Sat. only from 9-4 p.m. Show on Sun. 11-4 p.m. Free. Balboa Park, Casa del Prado, room 101 www.epiphyllum.com.

May 9 Mon.

SAN DIEGO HORTICULTURAL SOCIETY Special event: 3D slide on orchids and other floral wonders. 6:30 p.m. Ticket info: www.sdhortsoc.org or 760/730-3268.

May 10 Tue. (class #2 on May 14 and #3 on May 24)

★GOURD CRAFTING: START TO FINISH class with teachers M.J. Wydro, Kathy Walsh, and Marie Walsh. Workshop presented by SDFA. Class will cover burning, etching, color, stick-on designs, couching and Tenerife. \$50 for the 3 class series and \$10 materials fee to be paid to teacher. Info: 619/298-5182. Pre-registration is required. Send check to SDFA, 1650 El Prado, Room 105, San Diego, CA 92101-1622.

May 11 Wed.

BONITA VALLEY GARDEN CLUB Annual Arbor Day Tree Planting Program. Summit Park at Sweetwater Regional Park, San Miguel Road east of Proctor Valley Road in Bonita. 9:30 a.m. coffee, 10 a.m. meeting followed by a Ranger led nature walk and the ceremony. Free/guests welcome. Info 619/267-1585 www.bonitavalleygardenclub.org

May 11 Wed.

POINT LOMA GARDEN CLUB "Conserving Your Garden Organically" by Gisele Sschoniger of Kellogg Garden Products Corp. 10 a.m. Masonic Center, 1711 Sunset Cliffs Blvd., San Diego. Free. 619/276-0209 www.plgc.org. Workshop following meeting, "Preserving and Drying Flowers" by Anne Carver. Reservations required.

May 13-15

SAN DIEGO MUSEUM OF ART "Art Alive 2005" Paintings and sculptures throughout the museum are interpreted in floral arrangements by

floral designers from garden clubs and professional florists. Fri. 10 a.m.-9 p.m. (11 a.m. floral demonstration) Sat. 10 a.m.-6 p.m., and Sun. 10 a.m.-6 p.m. 619/232-7931 www.sdmart.org

May 14 Sat.

Friends of Hortense Miller Garden Coffee Morning, see May 7

May 14 Sat.

BONITA VALLEY GARDEN CLUB Annual Garden Tour, Plant Sale and Luncheon, "Bonita In Bloom" Tour 9 out standing gardens in the Bonita area. \$15 in advance \$20 at the door. Lunch by advance reservation only \$10. 619/216-1981 or 619/267-7296. Tickets, maps, plant sale, fabulous opportunity drawing (airline tickets, cruise tickets, rounds of golf, dinner for 6 catered in your home and much more) available at 9:30 a.m. Bonita Wesleyan Church, 5305 Sweetwater Road, Bonita.

May 14 Sat. (again on June 4)

CALIFORNIA COASTAL ROSE SOCIETY Hands-on demonstration on pruning roses at the Rose Gardens. 9:30-11:30 a.m. Magee Park, Highway 101, Carlsbad. Bring gloves and shears. 760/804-0875 or www.coastalrose.org. Free.

May 14 Sat.

WALTER ANDERSEN NURSERY CLASS on Herbs 9 a.m. at 3642 Enterprise St., San Diego. 619/224-8271. Orchids, care and culture. 9:30 a.m. at 12755 Danielson Ct., Poway. 858/513-4900. Free

May 14-15 Sat.-Sun.

UC IRVINE ARBORETUM Annual Spring Perennial Sale featuring unique flowering perennials well suited to So. Cal climate and not available in most nurseries along with Calif. native plants, and truly rare plants for the garden expert Sat. 10-4 and Sun. 11-3. \$2. UC Irvine Campus just south of the corner of Campus Dr. and Jamboree Rd., Irvine. 949/824-5833.

May 17 Tue.

CALIFORNIA COASTAL ROSE SOCIETY Meeting. Heritage Hall, Magee Park, Carlsbad. 7 p.m. Free 760/931-9863

May 21 Sat.

★SAN DIEGO FLORAL ASSOCIATION LIBRARY open 10 a.m.-3 p.m. (see May 7 for details).

May 21 Sat.

CITY OF SAN DIEGO WATER DEPARTMENT WATER CONSERVATION PROGRAM AND SAN DIEGO WATER COLOR SOCIETY celebrate "12th Annual Spring Garden Festival", 9:00 a.m.-3:00 p.m. Featuring art demonstrations, authors and their books, plant information, food vendors, and other entertainments, with shuttle buses for transport between stations. Cuyamaca College,

- 12122 College Drive West, El Cajon. 619/660-0614 or www.thegarden.org Free.
- May 21 Sat.**
ENCINITAS GARDEN FESTIVAL 10 a.m.-4 p.m. Cottonwood Creek Park. Walking tour of nearly 30 gardens, gardener marketplace, and entertainment. Tour tickets purchased in advance \$12 adults, \$5 under 12. At the door, \$15 adults, and \$7 under 12. Children under 6 are free. One free pass to Quail Botanical Gardens with each ticket purchased. 760/753-6041.
- May 21 Sat.**
WALTER ANDERSEN NURSERY class on grafting 9 a.m. at 3642 Enterprise St., San Diego. 619/224-8271 or staghorn ferns at 9:30 a.m. at 12755 Danielson Ct., Poway. 858/513-4900. Free.
- May 21-22 Sat.-Sun.**
SAN DIEGO GERANIUM SOCIETY Annual Show and Sale, Sat. and Sun. 10-5 p.m. Balboa Park, Casa del Prado, room 101. Plant sale in the courtyard area. Free
- May 25 Wed.**
MISSION HILLS GARDEN CLUB meeting and program; Water features in your Garden. Mission Hills United Church of Christ, 4070 Jackdaw St. Members free, guests \$10. 6 p.m. social, 6:30 meeting, 619/295-2702
www.missionhillsgardenclub.org
- May 28-29 Sat.-Sun.**
BALBOA PARK BROMELIAD STUDY GROUP Flower Show. Balboa Park, Casa del Prado, room 101. Sat. 12-4 p.m., Sun. 10-4 p.m.
- May 28 Sat.**
SAN DIEGO NATURAL HISTORY MUSEUM opening of traveling exhibition, Backyard Monsters. Meet giant robotic insects, an 11-foot tall praying mantis, dragonflies with 10-foot wingspans and more. Hundreds of insects and arachnids from around the world. Also opening today is the giant screen IMAX film, "Bugs". www.sdnhm.org
- May 28 Sat.**
WALTER NURSERY NURSERY Class on bamboo at 9 a.m. 3642 Enterprise St., San Diego, or Summer Rose Care Made Easy at 9:30 a.m. 12755 Danielson Ct., Poway (see May 21 for phone numbers)
- June 1 Wed.**
SAN DIEGO NATURAL HISTORY MUSEUM San Diego: California's Cornerstone. Iris Engstrand, author of "San Diego: Gateway to the Pacific" and 17 other history books, has expanded and revised all her other research on the city, from its beginnings in Old Town through the disputed mayoral election of 2004-05. Member, senior, student, military \$6. Non-member \$8. To register 619/255-0203

- June 4 Sat.**
★SAN DIEGO FLORAL ASSOCIATION
LIBRARY open 10:00 a.m.-3:00 p.m. (See May 7 for details).
- June 4 Sat.**
WALTER ANDERSEN NURSERY Class on shade gardening at 9 a.m., 3642 Enterprise St. San Diego, or Surviving/curing Summer Vegetable Pests and Diseases at 9:30 a.m., 12755 Danielson Ct., Poway. Free (See May 21 for phone numbers).
- June 4-5 Sat.-Sun.**
SAN DIEGO CACTUS AND SUCCULENT SOCIETY Annual Show and Sale. Courtyard sale 9 a.m.-5 p.m. Sat., 9 a.m.-4 p.m. Sun. Show open to the public 10 a.m.-4p.m. Sat., 10 a.m.-3p.m. Sun. Demonstrations of photography, potting, and others. Balboa Park, Casa del Prado, Room 101. Free
- June 10 Fri. (also June 16 and 23)**
SAN DIEGO COUNTY FAIR 2005 "Cinema Summer," "Breakfast in the Garden" 8 a.m. June 10 speaker will be Jim Gibbons, former Director of Horticulture for the Wild Animal Park and currently Executive Director of Horticulture for the Wynn Hotel and Casino in Las Vegas, with possibly a private preview of the Paul Ecke Jr. Flower and Garden Show. June 16 and 23, a guided tour. Reserve early, space is limited. 858/794-1096. Don't miss the San Diego Floral Association Garden and booth. (the Fair runs from June 10-July 4 and is closed on Mondays, except July 4th).
- June 11 Sat.**
Walter Andersen Nursery class on Cymbidium Orchid Repotting #11 at 9 a.m. 3642 Enterprise St., San Diego or Summer Fruit Tree Care at 9:30 a.m. at 12755 Danielson Ct. Poway. Free. See May 7 for phone numbers.
- June 11-12 Sat.-Sun.**
SOUTHWEST HEMEROCALLIS SOCIETY Show. Balboa Park, Casa del Prado, room 101. Sat. noon-4 p.m. and Sun. 10-4 p.m.
- June 14 Tue.**
SAN DIEGO GERANIUM SOCIETY Monthly meeting. 7 p.m. Brenda Archer will present, "An Introduction to Geraniums and Their Care" Balboa Park, Casa del Prado, room 101 Free.
- June 18 Sat.**
WALTER ANDERSEN NURSERY Class on Cactus Selection and Growing at 9 a.m. 3642 Enterprise St., San Diego, or Water Gardening at 9:30 12755 Danielson Ct., Poway. Free (see May 7 for phone numbers).
- June 18 Sat.**
MASTER GARDENERS Plant sale. 10 a.m.-3 p.m. Call closer to event if more information needed, 858-694-2860. Free.

June 21 Tue

★SAN DIEGO FLORAL ASSOCIATION

General Dinner Meeting and Installation of Officers. Balboa Park, Casa del Prado, room 101. Catered dinner at 5:30 p.m. (reservations required for the dinner). \$11 members and \$15 non-members. Meeting and Program 6:30 p.m. Free. To make reservations for the dinner and inquire about the speaker, phone 619/232-5762. Floral arrangements, plant sale, garden items, and book sale. Booths, demos, and fun for all those interested in flowers and gardening.

June 25 Sat.

WALTER ANDERSEN NURSERY Class on sub-tropical fruits at 9 a.m. 3642 Enterprise St., San Diego or Carnivorous Plants at 9:30 a.m. 12755 Danielson Ct., Poway. Free (see May 21 for phone numbers).

June 25-26 Sat.-Sun.

BOTANICAL ART CLUB Show. Balboa Park, Casa del Prado, room 101. Sat. noon-4 p.m. and Sun. 10-4 p.m.

June 25-26

THE LAVENDER FIELDS Fourth Annual Lavender Days Festival. Live music, cooking demos and tasting, crafting, and a bee-keeping demonstration. 12460 Keys Creek Road, Valley Center. 760/742-1489 or www.lavenderfields.com

BALBOA PARK

SAN DIEGO JAPANESE FRIENDSHIP GARDEN

Open Tues. thru Sun. 10:00 a.m.-4:00 p.m. Docent tours with reservations. Fee. 619/232-2721.

OFFSHOOT TOURS

Volunteer guided. Various topics. Saturdays 10:00 a.m. Meet at Visitors Center in Plaza de Panama. 619/235-1121. Free.

INTERPRETIVE WALKS

Volunteer guided. History oriented topics. Meet at Visitors Center in Plaza de Panama. Tuesdays and Sundays at 1:00 p.m. Free.

ONGOING EVENTS

SAN DIEGO NATURAL HISTORY MUSEUM

Canyonier Walks. Sat-Sun. Sept-June. 619/232-3821 ext 203 or www.sdnhm.org for locations, times and directions. Free.

QUAIL BOTANICAL GARDENS

Open daily 9 a.m.-5 p.m. Call for times on docent led garden tours, weekly or monthly events, and classes for kids and adults. Free composting class 11 a.m.-12:30 p.m., first Saturday of the month. 230 Quail Gardens Drive, Encinitas. 760/436-3036 or www.qbgardens.com. General Admission.

San Diego Zoo Orchid Odyssey Third Friday of every month. 10 a.m.-2p.m. showcasing orchids from Papua New Guinea, Central and South America,

Africa, Thailand, Australia, China, and Vietnam.

Free with Zoo admission.

BLUE SKY ECOLOGICAL RESERVE

Walks. Poway. Sat. & Sun. 9:00 a.m. 858/679-5469.

WALKABOUT INTERNATIONAL

Guided Walks. Newsletter. 619/231-SHOE. Free.

CUYAMACA COLLEGE

Water Conservation Garden is home to 4+ acres of beautiful, award-winning low water use landscaping and educational displays. Docent led tours Sat. 10:30 a.m. and Sun. 1:30 p.m. 619/660-0614. Check website calendar for free classes and special events at www.thegarden.org.

SAN DIEGO CHINESE HISTORICAL MUSEUM AND

GARDEN Exquisite Asian garden. 404 Third Avenue, San Diego. Tues.-Sat. 10:30 a.m.-4 p.m., Sun. 12-4 p.m. Free.

THE HUNTINGTON

is open Tuesday through Friday noon to 4:30 p.m., Saturday and Sunday 10:30 a.m. to 4:30 p.m. Closed Monday and most holidays. \$15 adults, \$12 seniors, \$10 students (12-18), \$6 for youth (5-11) children under 5 and members free. Group rate (10+) \$11. 626/405-2100 or www.huntington.org.

Deadline for submission to HORTICULTURAL

CALENDAR for JULY-AUGUST issue is MAY 15. SAN DIEGO FLORAL ASSOCIATION is not responsible for changes that are submitted late by the organizations. Please send events to calendar@sdfloral.org.

This issue's calendar compiled by Kathy Taylor de Murillo, assisted by J. Coleman.

BONITA IN BLOOM ANNUAL GARDEN TOUR AND LUNCHEON

Presented by Bonita Valley Garden Club
Saturday, May 14th, 10:00 a.m.-4:00 p.m.

Tour \$15 in advance, \$20 at the door, Luncheon \$10
For tickets/reservation call Diane Hahnel at 619-216-1981,
or Jere Kausch at 619-267-7296. Reservations required for
luncheon and must be paid in advance.

Ticket pickup, plant sale, and raffle available at
9:30 a.m. day of event; (luncheon at 10:00 a.m.) at
Bonita Wesleyan Church, 5305 Sweetwater Road, Bonita.



12755 Danielson Court
Poway, CA 92064
858-513-4900
Fax 858-513-4790

3642 Enterprise Street
San Diego, CA 92110
619-224-8271
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www.walterandersen.com

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Gleanings . . .

gathered by barbara jones

COUNTY FAIR . . .

On the 10th of June the 125th San Diego County Fair will be held at the Fairgrounds in Del Mar.

The first County Fair was held on September 22-24, 1880 at the Grange Hall in National City. It was such an important occasion that all the schools were closed so children could attend. There were agricultural exhibits, livestock, food, handicrafts, arts (350 exhibits), sea shell collections, leather and saddlery exhibits. (Most of the attendees came by wagon or on horseback — no cars then.) Agriculture products included flowers but the emphasis was on fruits and vegetables — apples, pears, peaches, quinces, figs, oranges, etc. One exhibit showed twenty-four kinds of grapes and eleven kinds of apples.

Meals were served for 25¢. They had entertainment, too: a baseball game (score 91 to 11), the Harmony Brass Band, and the Fair closed with a social dance and dinner.

After that, the Fair was held yearly throughout the county. Following the 1915-16 Exposition the fair was held in a building in Balboa Park. From 1916 until September 1930, the 50th anniversary, the Fair was held in the original Casa del Prado (then known as the Food and Beverage Building). In 1936, after the completion of the Del Mar Race Track and adjoining buildings, the Fair moved there.

Agriculture is one of the leading county industries and the Fair still has flower and garden plus art, handiwork, cooking, and livestock

exhibits that are judged. Instead of lasting two or three days, the Fair now lasts for three weeks.

REPELLENT . . .

Tender new shoots on plants in your garden are enticing deer, rabbits, birds to feast. This formula from a local gardener is for a spray-on that is supposed to repel all eating creatures.

Mix well in a blender 2 eggs + ½ cup water, gradually add 2 cups water + 2 tablespoons of Tabasco sauce. Blend well. Spray on leaves. Any leftover spray can be stored in the refrigerator until needed.

WATER POLLUTION . . .

The nursery business is the third largest agricultural industry in California. (Dairy products and grapes are numbers 1 and 2.) Unfortunately, runoff from agriculture and this includes golf courses, lawns, and landscaped areas is polluting the water table, streams, and the bays and ocean. University of California scientists have found an easy way for nurseries to remove contaminants from the runoff water. First, the water is treated with a chemical that causes tiny suspended particles to form into larger particles; then the flow is slowed to go through a sediment trap and into a pond. Next, the water is released into a wide ditch planted with orange canna lilies, a tuberous-rooted perennial that flourishes in a wet environment. The roots form a dense biological filter for sediments and nutrients. Tests of water released show a

decrease of over 50% of nitrogen and phosphorus and almost 90% of a pesticide used to kill fire ants. Suspended solids were reduced over 90%. This method has been successfully used for over two years in two Orange County nurseries. In one nursery, the water is being reused. Researchers are now trying to adapt this system to smaller establishments.

CALLA LILIES . . .

There are two calla lilies. One is *Calla palustris*, a genus of one species native to northeast America. It grows in water or mud. Its flowers are followed by bright red berries.

The white calla lily that grows profusely in our area is *Zantedeschia aethiopica*. It is in a genus of six species that grow in moist soils, swamps, and lake margins in S. and E. Africa. It was introduced to Europe in the late seventeenth century and soon after to America. It is not a true lily and the large waxy “flower” is a modified leaf (spathe) that encloses a yellow finger-like spike (spadix) that is made-up of rows of tiny flowers. The ones at the top are male, the others female. The pollen attracts insects that climb about and create pollination. It is a handsome evergreen plant that grows in clumps and produces waist-high flowers throughout spring and early summer. Even though this plant supposedly likes water and rich soil, it grows like a “weed” in our heavy soil and dry climate and is considered a pest by some.

HOLD THAT TIGER (THE BUTTERFLY, THAT IS)©

BY PAT PAWLOWSKI

BE WATCHFUL—VERY WATCHFUL—in the garden.

Lurking among the butterfly bush and yerba mansa may be the awe-inspiring and majestic *Papilio rutulus*, a formidable creature that engenders surprise and wonder. A wild, vividly striped thing that causes many of those familiar with its habits to dash back inside the house.

To get a butterfly net, of course.

We are talking about the western tiger swallowtail butterfly, and if you've ever had the luck to see one, you'll understand the excitement it elicits in the hearts of butterfly-lovers everywhere. The tiger is one big butterfly; wingspan ranges from about 3½" to 4½". It has four vertical black stripes on a field of bright yellow. Along the edge of the hind wings are small splotches of blue iridescence, and a tiny touch of red near the posterior end completes the color palette. Then, we come to the feature that gives the butterfly its name: swallowtail-like projections, one on each hindwing.

If you want to know why the tiger has two tails, do the following:

First, look at the butterfly upside down. You will notice that a munchie-inclined bird might be tempted to grab the butterfly's bottom area, mistaking it for the insect's head. There are lots of tigers seen around town with little wedgies in their lower wings.

Next, get back on your feet; the blood has probably all rushed to your head and you'll have trouble reading the rest of this excruciatingly fascinating narrative.

FLYING TIGERS

They soar.

There are over 140 butterfly species in San Diego County, but the majority of them are (a) very small or (b) cryptically colored or (c) flutter their wings so quickly that you cannot make head or tail of what they are. However, you can't miss that tiger—it's big, bright, and imposing in flight. It glides, then beats those big wings slowly, letting you get a pretty good glimpse of its beautiful self.

How shall we coax these tigers to the yard and hold them there a while? Why not offer them what appeals to all of us other animals: food, water, shelter, and mud.

A FLORAL TREAT INSTEAD OF MEAT

Unlike their mammalian namesakes, butterfly tigers are not carnivorous, thank goodness. All the gardener need provide are HOST PLANTS and NECTAR



PLANTS. The life cycle of butterflies goes like this: The female lays an egg on a host plant (each butterfly species has its own host plant or family of host plants); the egg hatches into a caterpillar; the caterpillar eats some leaves of the host plant; it then forms a chrysalis; and eventually emerges as an adult butterfly. It stands to reason, then, that females will hang around areas harboring host plants. Males hang around areas harboring females.

Sunny floriferous areas sheltered from the wind by trees and shrubs also will entice both sexes. Moisture, discussed later in this article, also helps.

HOST PLANTS: Adult female swallowtails will lay eggs on the following: Sycamore (*Platanus racemosa*); willow (*Salix* sp.); and cottonwood, aspen, and poplar (*Populus* sp.). However, a word to the wise: all the above host plants require a lot of space. In addition, their roots are pushy so care must be taken to plant them away from septic and water lines. The smaller willows, such as arroyo willow (*Salix lasiolepis*) and sandbar willow (*S. exigua*), can be grown in large tubs for a while.

NECTAR PLANTS: Since tigers are relatively large insects, it is hard for them to alight on small flower heads. Instead, they may rapidly vibrate their wings to keep their balance while sipping the nectar. They tend to visit tall, sturdy plants with large blossoms. Here are a few of their favorites:

Butterfly bush (*Buddleia* sp.) - Large bushes with flower colors ranging from white to pink to lavender to purple. There is a variety called 'Royal Red' that is, in fact, a stunning magenta-purple. Butterfly bushes grow easily and speedily; give them lots of room because no matter what size the book says, if they're happy they'll get bigger. You can trim them back in the winter after they bloom, or you can relax and let them reach their full size potential, which often is a lot larger than Arnold Schwarzenegger.

Hibiscus (*Hibiscus* sp.) - There are several species. The most frequently planted one is an evergreen, jungly-



Picture shows fake eyespot of *Papilio rutulus* caterpillar

looking shrub that gets to be quite large. Flowers come in many different colors. Needs good drainage, regular water. Inland, grows best in partial shade. Susceptible to whitefly and aphids.

Yerba santa (*Eriodictyon crassifolium*) - A native perennial shrub, 3'-6' tall with lavender tubular flowers. Hard to find in typical nurseries; try Los Pilitas Nursery in Escondido at 760-749-5930. Their website is www.laspilitas.com.

Chuparosa (*Justicia californica*) - A native 2'-3' shrub. Bright red-orange tubular flowers. Takes full sun and medium water. A bit straggly looking at times; forgivable because it also attracts hummingbirds.

Milkweed (*Asclepias* sp.) - Herbaceous perennials with small but distinctive five-lobed, reflexed flowers. With sun and water, grows like a weed (surprise). Host plant for the monarch butterfly, and nectar plant for many other types of butterfly, including tigers. It is said that the sap of native kinds can be used to make chewing gum. Proposed recipe: Heat sap (the sap from milkweed,

that is). Add bear fat. Enjoy.

Lantana (*Lantana* sp.) - Good all-around landscaping plant. Drought tolerant. Evergreen. Comes in upright and spreading forms. Nectar attracts many types of butterflies and other beneficial insects. Use purple spreading kind on banks to control erosion.

Honeysuckle (*Lonicera* sp.) - Most popular variety, *L. japonica*, is a very large evergreen vining plant. Likes water and lots of room. Nectar good for sipping by large butterflies, hummingbirds, sphinx moths and even people.

Red valerian (*Centranthus ruber*) - An aggressive perennial to 3', with small soft pinkish flowers in clusters. Do not smell the flowers unless you like the aroma of dirty socks. Accepts dry, poor soil. Seeds act as tiny paratroopers, spreading themselves all over the garden. One plant will be enough. Believe it.

CANTANKEROUS CATERpillARS

Life as a tiger swallowtail caterpillar is not easy; the tiger youngster must camouflage itself to keep from becoming a bird dinner entree. It does this in its early stages by mimicking a bird dropping. As the caterpillar grows larger, it drops the bird dropping ploy and starts to resemble a minuscule snake, complete with two fake eyespots near its head. If all else fails and a predator continues its harassment, the tiger will pull out all the stops and extend its dread osmeterium.

Sounds scary, doesn't it? In reality the osmeterium is a tiny orange forked gland that extends out behind the caterpillar's head and emits a strange smell. This is supposed to frighten small predators. The first time I saw one, it certainly surprised me.

THE MUD AND THE BLOOD AND THE BEER

Butterflies are often thought of as finicky gourmets, flitting from flower to flower, daintily sipping only the purest, sweetest nectar. Not necessarily.

Also on the swallowtail menu are items such as fluids from decaying animal carcasses; feces; mud; and beer, if available. Sometimes a group of butterflies will congregate at muddy areas, barnyard puddles, or seeps. These groups will consist almost entirely of—wouldn't you know it?—males. It is theorized that males consume the nutrients left behind when water evaporates (or decaying material liquifies), and then transfer a portion to females during mating. To attract certain butterflies, the butterfly gardener is encouraged to provide urine-soaked patches of ground (the manner of application is not specified), or to splash rocks with stale beer.



Chrysalis of *Pupilio rutulus* (western tiger swallowtail)

NO-KILL ZONES

You, the environmentally correct gardener, will be sure to make your entire garden a no-kill zone (at least no killing by chemicals). Instead of toxic concoctions, introduce those cute, sweet little ladybugs and their kin ferociously to lay waste to culprits like aphids and whiteflies. If excess escargot is your problem, order some tiny decollate snails at 760-744-9233 or www.goodsnails.com to whack those brown garden snail goons.

POETRY IN MOTION

As you sit, keeping your eye on the tiger and sipping your own brand of delicious nectar, you might like to ruminate on the following modified poem, with apologies to the poet William Blake:

"Tyger, tyger, burning bright
In the daytime, not the night
What immortal hand or eye
Could frame thy graceful symmetry?" □

Text copyright by Pat Pawlowski, who is a writer/lecturer and the wildlife garden designer for Animated Gardens 619-390-9399. Photographs by Bill Howell.

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IN OLD TOWN, WHALEY HOUSE GROUNDS WILL REFLECT THEIR PERIOD AND MAKE ROOM FOR THE HANDICAPPED

BY ALANA COONS

IN DECEMBER OF 2000 Save Our Heritage Organization (SOHO) became managers of the Whaley house complex for San Diego County Parks and Recreation. SOHO is California's oldest continuously operating historic preservation group and serves as an advocate to all of San Diego County as well as Baja California.

In 2002 we began the restoration of the house. The Whaley family shared their residence with the Whaley and Crosthwaite general store, the San Diego County Courthouse, and the first commercial theatre in San Diego, all contemporaneously in the years 1869 to 1871.

SOHO has returned the use of rooms to reflect this most significant period of the home's history.

Simultaneously, the grounds have been mapped, reviewed, and a master plan developed. Old maps and Thomas Whaley's own site plans of the property and numerous accounts of Southern California horticultural history have helped shape the direction of the garden design.



We have had to incorporate county park considerations for the space with our desire to educate the public with a period landscape. The front of the house has changed dramatically from 1856 when the house sat directly on the street. The street was cut down later, and in the 1960s the brick planters installed. To minimize those unfortunate changes as much as possible we have removed unattractive and inappropriate plantings and planted a variety of ornamental grasses (including the three foot tall *Pennisetum cupreum*) to invoke the early San Diego atmosphere and convey something of the old

west street facade that it once was.

A rustic gazebo designed from an 1860s pattern book has been built in the southeast corner of the property. This serves as a great respite for visitors away from the busy Old Town streets. The gazebo area has more sunshine now too, thanks to recent County pruning of the old black walnut tree. It also has more privacy since the grape stake wall was completed. In addition to the existing wisteria vine and nasturtiums, we planted three heirloom climbing roses and stephanotis.

When the Mission Hills Garden Club approached the Garden Restoration Committee with the proposal to "adopt" an area of the Whaley House gardens we were all delighted with their generosity and held several planning discussions with them to make the most of this opportunity. After considering all areas of the property, the two groups agreed on the Derby-Pendleton House gardens as the ideal location.



(left) The raised planter across the front of Whaley House was planted with the shrub myrtle and trailing lantana for many years. Later it became a perennial mixture. Now (above) SOHO has planted ornamental grasses.

The Derby-Pendleton House, built in 1851, is on the northwest corner of the Whaley House grounds. It faces Harney Street and, with its picket fence and linear planting areas, is well suited for the period garden most appropriate to the site.

A rose garden will be the main focal point of this area, complemented by the existing buddleias, watsonias,



In 1984, Derby-Pendleton House with the pervasive hedges



In 2004, the hedges are gone!

abelias, and an angel's trumpet. The heirloom roses will be under planted with Santa Barbara daisies. Violets from other Whaley House garden areas will be tucked into shady areas. There will be a pomegranate tree in the center of the lawn and a lemonade berry bush (*Rhus integrifolia*) planted by the entrance. The Derby-Pendleton house garden now has sixteen heirloom rose bushes, and a trellis is to be installed soon for a climbing rose. The old well is also being restored.

One of the biggest changes to the landscape was the removal of all the hedges. These surrounded all the brick walkways and were removed not only to improve access to all visitors; as the hedges made the paths too narrow for wheelchairs and other mobility assistance vehicles, but also because of their inappropriateness to the 1856 Whaley House.

The Verna House, which was moved to the property in the 1960s and is now the SOHO Museum Shop, was just magnificently restored and the garden surrounding it planted with a variety of popular Victorian flowering plants to complement the original house colors. There are yellow, bronze, and burgundy coreopsis daisies in the front and a deep orange-gold angel's trumpet, (*Brugmansia*), and moneywort (*Lysimachia*) as ground cover with red trumpet vines growing against the wall. The public side yard area is planted with a Victorian favorite, coleus, in numerous shades of lime and burgundy, heirloom *Camellia japonica* 'C.M. Hovey', ferns, and calla lilies. The side yard, which is not public, has native Matilija poppies and 'San Diego Red' bougainvillea.

There is much more to be done. In addition to future plantings and landscape restorations, we are enjoying developing enhancements to the interpretive

plan. We hope to have a brochure that visitors can use in the garden to identify the plants, their origins and date of introduction to San Diego and will help to introduce them to the wonderful world of historic gardens! □

Alana Coons is wife of Bruce Coons, executive Director of SOHO and deeply involved in this project. (For information you can call Jessica McGee, 564-6763 or check their website, sohosandiego.org. Photographs by Betty Newton.

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THE WHALEY HOUSE GARDENS IN OLD TOWN: BECOMING A PERIOD PIECE?

BY BETTY NEWTON

SOHO (THE SAN DIEGO SAVE OUR HERITAGE ORGANIZATION) at its new undertaking, Whaley House Garden at Harney and San Diego Avenue in Old Town San Diego, is trying to make those grounds more true to their "Period." Can you go back? Watch the garden change before your very eyes!

I first visited those grounds in 1962, just after the rose garden was planted by The Men's Garden Club and the most outlandish descriptions of ancient roses had appeared in the San Diego Union. I took the "before" photos used with this article in those years and then in fall and winter of 2004. I, and later, a group of us, worked mostly in the rose garden. After thirty-four years, those gardens became a real part of us.

When SOHO won the contract to manage the site for the County (over the San Diego Historical Shrine Foundation, which had been in charge since 1960), though our gardening group no longer worked at Whaley House, we watched with real interest. Now the herb garden is all but gone. (So much for the twenty sacks of donated Loamex that Rosalie Garcia dug in.) The spice, coffee, and knickknack shop next to that garden had attracted business, but the new tenant, The New Orleans Café, should be an even greater success. Where the herbs were is now a crisp, brick-surface lunch patio. There are pockets of lavender. This should help pay the bills. Near the street edge, the adobe wall between the sidewalk and the photographer's shop is gone. SOHO's museum shop (where you buy your tickets to tour Whaley House) is totally accessible. It has been stringently repaired and attractively painted.

We, who used to work regularly in this garden, were eager to see what differences SOHO's plans will make in the handsome old landmark's surroundings. Thom Ferrar and I went to an early presentation of plans. It was held outdoors in the corner where the black walnut tree, morning glory, apricot tree, and poinsettias grew (where Yankee Jim was said to have been hung). SOHO said the rose garden was not rep-

(left) Old and new herb garden area plus 1984 mid-garden facing Derby-Pendleton. 2004 photograph shows the New Orleans Cafe al fresco dining area.



representative of the period (1856-1868) and would come out. On leaving, we peeked at it wistfully. Thom reflected that groups often move very slowly.

Well. Surprise! A year or so later, October of last year, I parked and opened the gate to the Derby-Pendleton house yard (the wood for that house was shipped around the Horn, I believe, to make the first local prefabricated house). The grounds seemed so *bright* and *open*. I couldn't put my finger on it then, but eight-foot buddleias were cut down to four feet, the big pindo palm was removed and, whoops, the big old well with the chaste tree shrub, too. If you knew the old Whaley House Gardens, this new look may blow your mind!

June Reading, director of the Historical Shrine Foundation, now deceased, was partial to little hedges. (When she took trips, we would shear those at Whaley House rather severely so bigger people could get through.) Alana Coons writes in this magazine that they took them out! They are gone. That is why the garden is so open.

Turning away from the picket fence and back to the sunny side of Derby-Pendleton, I saw the old four-foot jade plant that I had so enjoyed pruning (to lose a tight cauliflower look) was gone, as were the blood red trumpet vines, the arching small-leaved *Cotoneaster*, and the twenty-foot giant bird of paradise. Looking across this south side of the Derby-Pendleton wall, I saw that the roses there (the ones taken from the site and then replanted prior to the late 50's restoration), the bulbs, spider plant, and eleven-foot lavender *Dahlia imperialis* were simply gone. It was quite a feeling. On the other side of the brick path the big hydrangeas, however, were looking fine. Slightly dried, rosy-lavender blooms rise above the plants in early winter. SOHO says the remade Whaley House Garden will be a real period garden.

To achieve that they will take out much of the turn-of-the-twentieth century plantings and replace them, ironically, with some of the most popular plants of this new century.

The feeling of major transformation is considerable and that is always refreshing, but it is easy to see that the "hot" plants of today, ones you see everywhere, like the ruby-leaved fountain grass (seen across the front), the particular form of coleus used around the Verna House, the repetition of angel's trumpet shrubs and these particular perennials are *our* time, signature plants. (I don't think they were available in 1859.) Santa Barbara daisy (*Erigeron karvinskianus*), coreopsis, and gaillardia also reflect Southern California's multi-year perennial craze.

I'm glad the two yesterday-today-and-tomorrow plants (*Brunfelsia pauciflora*) and the flowering maples

(*Abutilon*) were allowed to stay. —Yes, they feel consistent with the earlier period. Note that a pomegranate will grow and be an eight- to ten-foot tall arching shrub in the front left bed of Derby-Pendleton House.

There have been some changes made! You may want to go see newly modified gardens at the Whaley House at the corner of Harney and San Diego Avenues in Old Town San Diego. □

Betty Newton has taught landscaping and flower gardening classes for many years at Grossmont Adult Education. She also wrote for the San Diego Union-Tribune for seventeen years.

Photographs by the author.

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USING ORGANICS TO PROMOTE SOIL HEALTH

BY ELAINE BURDEN

THE NATURAL APPROACH TO successful agriculture began by using what was already there in the landscape to meet the growing requirements of healthy and bountiful crops. As populations grew, the need arose for larger quantities of crops. Because of the increased need for food, there needed to be a way to get nutrients to plants for quick growth. For this reason, in the late nineteenth century, natural methods were discarded and replaced by the now more popular fertilizers that are made of chemicals for sprays and soil drenches.

Ease and speed of application is an important element to the grower. Unfortunately, those doing plant care — professional landscapers as well as hobbyists, want fast and improved results with the least effort.

Chemical fertilizers achieve an improved look because they are available immediately (over twelve hours to two weeks). They are taken up by the plants and are convenient for foliar feeding. However, chemical fertilizers may be detrimental to soil health if they reduce the natural flora of the soil and supply no humus.

The soil needs naturally occurring organisms that process dead material. They thrive on soil that is composted from plant materials that are no longer useful horticulturally. This way the gardener can compile green and dry waste for recycling as an alternative to a trip to a landfill.

The healthy benefits of using organic mulch in the garden are numerous. (An inorganic mulch would be gravel or chopped up rubber tires.)

Plants require a variety of nutrients and those come

from naturally occurring sources. Indirectly, humus, one source, comes from the processing by beneficial fungi such as **mycorrhiza**. These thrive by feeding on detritus from the landscape. Heat created by bacteria working the soil further contributes to the breakdown of plant materials, bringing them eventually to a homogeneous state of fluff. It is in this final bacterial stage of processing that humus is created and is most beneficial in the soil and ultimately to plants. (Humus is organic material so decomposed that no fiber is visible.)

Soil amendments composed of ingredients not readily available in the landscape of the gardener can be purchased at garden centers. Planter mix/mulch consisting of composted forest products and aged manures should be purchased several times a year for continued nutrient sustenance. (It takes 200 pounds of organic dry steer manure or sewage sludge to provide the nitrogen available in 14 pounds of synthetic ammonium phosphate.) Certain organic amendments such as kelp, manures, bat guano, fish, worm casings, cottonseed meal, and alfalfa pellets are used at this time to meet specific needs and preferences of plants.

Working these organic amendments into the soil will ensure a healthy environment for beneficial organisms (the bacteria require nitrogen). And those, in decomposing the compost still farther, will provide all the requirements for long-lasting plant vigor. □

Elaine Burden is a longtime professional gardener. Her inclination, after much study and experience, is organic, or no-man-made-chemicals gardening.

Mycorrhizae

(left): swollen mycorrhizal rootlets of spruce pine (*Picea glauca*)

(right): cross section of mycorrhizal rootlet, showing sheath of fungus threads around the root and threads between the cortical cells.





Now is the Time . . .

A CULTURAL CALENDAR OF CARE FROM OUR AFFILIATES,
UC COOPERATIVE EXTENSION, AND CALIFORNIA GARDEN STAFF

AFRICAN VIOLETS

Barbara Conrad

NOW IS THE TIME

TO UNDERSTAND that some violets bloom more often than others. Be patient. These are the months when stubborn violets are most likely to bloom.

TO JOLT violets into a blossoming period with a "superbloom" formula of fertilizers from the nursery. However, this may only be used for several months at one time.

TO REMOVE all blossoms when you feel more need for nutrients to concentrate on foliage to maintain a healthy base for producing blooms later.

TO USE a magnifying glass under a lamp to search for tiny insects on a plant that does not look healthy.

TO KEEP your flower pots clean, using disinfectants.

TO WATCH for "tight" centers, indicating too much fertilizer or insects.

BEGONIAS

Margaret Lee

NOW IS THE TIME

TO WATCH tuberous begonias for signs of mildew; correct with dust and spray.

TO CHECK cane type begonias and cut back if needed.

TO WATER for insects; wash off with water.

TO FINISH repotting where needed; use a light porous mixture.

TO FEED plants with a well-balanced all-purpose fertilizer.

TO WATER as needed—keep moist but *not wet*.

TO CHECK tuberous type for drainage; repot to larger container if needed, add fresh soil. Stake any tall stems.

BONSAI

San Diego Bonsai Club, Inc.

NOW IS THE TIME

TO DEVELOP a watering schedule, but avoid

overwatering, especially the pines.

TO PRUNE all trees to promote growth and shape. Tip prune junipers and pines using finger pruning instead of cutting tools that cause brown tips.

TO SPRAY for insects as needed, using either a systemic or a mild surface insecticide.

TO SHAPE deciduous trees. Defoliate the deciduous trees in June. They may be transplanted afterwards.

TO CONTROL any mildew that may appear; use sulfur or a spray.

TO FERTILIZE trees with an organic fertilizer. Do not overfeed the pines.

TO COMPLETE the repotting of all trees that have not been repotted, except for the flowering trees that have not completed their blooming cycle.

TO PLACE trees to receive optimal sun, but do not place in full sun after 11:00AM to prevent sunburning.

TO ROTATE trees often to maintain proper shape.

BROMELIADS

Mary Siemers

NOW IS THE TIME

TO FERTILIZE the outdoor plants during warm months only. Plants in greenhouse can be fertilized year-round.

TO USE a water-soluble fertilizer—one high in acid, using only ½ the recommended strength on label.

TO CUT new offshoots to make new plants during the summer when weather is warm. Offshoots must be ½ to ¾ the size of the mother plant.

TO KEEP plants clean at all times by cutting spent blooms and dead leaves—this helps to keep plants healthy.

TO CHECK plants for scale. If needed treat with Cygon 2-E according to directions on the bottle. If scale remains give same treatment in two weeks.

TO GIVE plants plenty of air circulation and provide humidity by watering the ground around plants.

CACTI & SUCCULENTS

Joseph Betzler

NOW IS THE TIME

TO WATER plants, as needed. When pots get noticeably light in weight, water them.

TO FERTILIZE for growth and flowering. Allow the winter growers to go dormant and rest before feeding.

TO PROTECT the plants from brilliant sun. Shade cloth can keep plants from being bleached out on very hot days.

TO CHECK any additions to your collection for insect pests. Keep them away from rest of plants. If pests or disease are noticed, treat at once.

TO REPOT those plants needing it; use a well-draining mix. A good rule of thumb is to allow an inch

between plant and the pot.

TO REPOT seedlings when they have doubled or tripled in size. If they have been in the same mix for over six months, it is a good idea to repot.

TO CHECK entire collection for any pests or disease; if so, treat at once to avoid an infestation.

CALIFORNIA NATIVES

Jeanine De Hart

NOW IS THE TIME:

TO SLACK off watering as the weather warms in May. By the end of May, every three weeks should be sufficient except for your newly planted natives. An exception would be if you have a very fast-draining porous soil.

TO SPRAY for pests that threaten to overtake your garden. If your garden is healthy, natural predators will keep things in balance. This is a much better solution than spraying.

TO PLAN trips to native garden sites for ideas. It's not too late to visit Rancho Santa Ana Botanical Garden.

TO BE vigilant in keeping ants away from your plants as they carry (and farm) mealy bug and other scale insects as well as aphids.

TO AVOID watering during the hottest time of the day as it's very easy to burn the leaves. The sun on the water droplets causes intense heat.

CAMELLIAS

Jay Vermilya

NOW IS THE TIME

TO CONTINUE a feeding program following the bloom cycle, feeding cottonseed meal at the rate of 1 tbs. per gallon-sized plant or up to 2 cups per large plant in ground every 4-6 weeks through mid-August.

TO MULCH plants keeping mulch 2 or so inches away from plant trunk. Mulching helps keep the shallow roots cool and moist.

TO PRUNE out any unwanted new growth. Shape as desired and thin out center of plants.

TO SPRAY for insects as they appear, hose off aphids; using malathion for loopers and miticide for mites. Orthene can be used if preferred.

TO ESTABLISH and maintain a uniform watering program. Camellias are not "water hungry," but should never be allowed to go dry. Be sure to water well the day before feeding.

DAHLIAS

Abe Janzen

NOW IS THE TIME

TO FEED with low nitrogen fertilizer (4-10-10), either dry or liquid.

TO SPRAY weekly to control insects. Guard against leaf miners, thrips, and aphids. Try a systemic; if spraying, use a weak solution on new foliage.

TO WATER when top of soil is dry; when buds are forming, soak deeply and often.

TO PLANT smaller varieties and give regular care for growing.

TO BE SURE to draw the soil up around the plants as they grow.

TO PINCH out centers of plants when two or three sets of leaves have developed.

EPIPHYLLUMS (Orchid Cactus)

Abe Janzen

NOW IS THE TIME

TO PRUNE plants to shape—take cuttings after flowering.

TO PUT out snail bait and watch for other pests.

TO REMOVE wilted flowers by cutting about ¼" out from leaf unless you desire seed to form.

TO TAKE CARE in watering, do *NOT* allow to dry out; keep soil damp, but *NOT* wet.

TO GIVE plants a balanced feeding after blooming season.

TO STAKE long spindly growth.

TO PROTECT foliage from the hot summer sun. Maintain plants in filtered sunlight.

FERNS

San Diego Fern Society

NOW IS THE TIME

TO REMOVE dead fronds.

TO PLANT spores.

TO USE a high-nitrogen fertilizer liquid or pellets twice a month.

TO SPRAY for aphids and scale if necessary.

TO WATER thoroughly; maintain humidity by watering surrounding areas.

FRUIT TREES AND VINES

Vincent Lazaneo, Hort. Advisor, UC Coop Extension

NOW IS THE TIME

TO IRRIGATE thoroughly as needed to maintain adequate soil moisture. Apply water around mature trees in a broad band beginning ⅓ of the distance from the trunk to the tree's drip line and extending out beyond the drip line a few feet. Apply enough water to wet the soil at least 2 feet deep (about 3 inches of water on a loam soil).

TO REMOVE grass and weeds from soil under a tree's canopy.

TO APPLY a layer of organic mulch on the soil under trees to conserve moisture. Keep mulch at least one foot away from the trunk to protect trees from crown

rot. Complete thinning apples, pears, and stone fruit after "June drop."

TO REMOVE any suckers growing from rootstock.
TO WASH trees periodically with a forceful spray of water to remove dust, honeydew, and pests like aphids, whiteflies, and spider mites.

TO SPRAY walnuts with carbaryl (Sevin) when nuts are about the size of a nickel and again three weeks later to control codling moth larvae (wormy nuts).

FUCHSIAS

William Selby

NOW IS THE TIME

TO PINCH plants for shape and bushy growth.
TO CHANGE to 5-10-10 fertilizer to hasten maturity.
TO WATCH for insects and pests. Spray or use a systemic eradicator; use amount recommended by manufacturer or less. Do *NOT* use an oil spray.
TO BE SURE to water an hour or more prior to application of an insecticide.
TO CONTROL snails, use metaldehyde or other bait according to directions.
TO KEEP plants clean of debris and spent blooms.
TO TURN baskets regularly so they do not become one-sided.
TO WATCH plants on hot or windy days. Do *NOT* allow them to dry out; keep damp but *NOT* WET.

HERBS

John Noble

NOW IS THE TIME

TO PLANT basil, cilantro, and dill.
TO MAKE a cup of tea. Use fresh green spring herbs, comfrey, sage, mint.
TO HARVEST salad green herbs, dandelion, salad burnet, french sorrel, dill, basil.
TO FINISH any heavy pruning before the long, hot, dry summer gets strong.
TO FILL in any bare areas with summer growing herbs, basil, cayenne, parsley, valerian, feverfew.
TO MULCH with organic compost.

IRIS

San Diego/Imperial County Iris Society

NOW IS THE TIME

TO ALLOW cut surfaces of the rhizomes to dry and be exposed to sunlight before planting or give a light dusting of soil sulfur. May be placed in vitamin B solution for a while before planting.
TO HAVE beds prepared for planting and transplanting. Work in humus, soil sulfur, and some decomposed manure.
TO WATCH for aphids. May use a systemic

insecticide.

TO FEED spurias with a low-nitrogen fertilizer.
TO KEEP watering all iris that are still blooming.
TO FEED Siberians after blooming with a balanced fertilizer to assure bloom for next year.
TO FEED Louisianas with a balanced food, but wait until June to dig and transplant.
TO FEED Japanese iris with camellia food; add to water in which they are growing.

ORCHIDS

Charles Fouquette

NOW IS THE TIME

TO OBSERVE the weather—be prepared to shade areas of heavy sunlight, use shade cloth or liquid shading compound on glass or overhead.
TO MAINTAIN pest control against red spider, mealy bugs, and scale; consider getting some ladybugs or praying mantis egg cases—available at some orchid nurseries in the area.
TO AVOID sudden temperature changes or drafts around plants. Spray and mist on hot dry days; mist seedlings and small plants—mist in the morning and afternoon. Plants should be dry by nightfall.
TO REMEMBER that plants need good air circulation and proper light.

Culture of Different Genera:

Cymbidium: Light to partial shade to full sun, protect flowers from sunburn. Temperature 50°-70° optimum. Humidity 40-70%. Potting media; epiphyte-tree fern, fir bark, non-organic mixes or osmunda. New fertilizers have been developed and should be available.

Cattleya, Laelia, Brassavola, and Hybrid: Light 2400-3600 foot candles. Temperature 69°-70° optimum. Media for potting: fir bark, tree fern, osmunda, gravel, perlite, or charcoal. Fertilizer depends on type of media used to grow your plants.

Phalaenopsis and Hybrid: Light 900-1000 foot candles. Shade to adjust and meet requirements. Temperature 65°-85°, humidity 50-75%; remember the higher the temperature, the more circulation of air is required.

Vanda, Vandopsis, Ascocentrum, Aerides, and Hybrid: Light 2000-3600 foot candles. Temperature 60°-70° humidity 49-75%. Potting media: tree fern, fir bark, charcoal, lava rock, or a combination of these. Fertilizer depends on media used. Vandas are voracious feeders and growers when right combination is used.

PELARGONIUMS

Carol Roller

NOW IS THE TIME

TO WATER thoroughly when plants become somewhat dry. Allow the excess water to drain away. Keep foliage as dry as possible. Provide the best possible drainage for the plants, both in containers and the landscape. Watch for botrytis (gray mold) and treat it immediately.

TO CONTINUE feeding container plants a balanced fertilizer containing micronutrients. Dissolve in water, using less than the recommended strength. Use often enough to keep plants growing well. Long term pellets may be worked into the soil or potting mix.

TO CONTINUE pest control and disease prevention, using all products according to the manufacturers' directions.

TO SELECTIVELY prune and pinch ivies and zonals for future bloom. Avoid cutting regals and scented because this is their flowering season.

TO MAKE cuttings from the ivy and zonal prunings, if desired.

TO REMOVE faded flowers and old, discolored leaves.

TO ROTATE pots on a regular basis in order to produce well-shaped plants.

TO ENJOY your plants at the peak of their season.

ROSES

Marianne Truby

NOW IS THE TIME

TO PRACTICE the habit of breaking off the spent blooms of your roses as you enjoy a stroll through your rose garden. You are removing unwanted material and encouraging the plant to produce new growth at a lower part of the stem/cane.

TO CUT blooms at their peak and **SHARE** with friends and neighbors. Use sharp pruners and cut above a set of five leaflet leaves to encourage new growth for your next crop of blooms.

TO PROTECT the new basals that were beginning to grow from the bud union during the early bloom. Avoid letting these grow into a large candelabra. Remove side buds, allowing one bloom and then cut back to an eye emanating from a high five-leaflet. Treat this growth with care. It is your new wood for next year's blossoms.

TO CONTINUE to maintain a well-balanced feeding program and keep ahead of the mites and mildew by washing off your bushes in early morning.

TO MAINTAIN a vigilant watch for **RUST** on the undersides of your foliage! It is imperative that you maintain a clean area around bushes to control rust as there is no known control. It spreads quickly. Removing infected materials and keeping other herbaceous plants away from your roses will best minimize the threat.

TO WATER your roses according to their needs and your location, usually at least twice a week. A well-defined basin in the soil at the drip line of each bush is ideal and also appropriate to scatter in fertilizer.

TO DISCARD varieties and bushes that fail in your garden and replace with new bushes. To avoid being disappointed with replacements, do thorough research by visiting gardens in your area to observe plants and blooms. Heavy petaled blooms that produce for the warmer parts of the area will seldom open properly for the cooler coastal areas, and the colors achieved at the coast will be pale and washed out in the inner areas.

VEGETABLES

Vincent Lazaneo, Hort. Advisor, UC Coop Extension
NOW IS THE TIME

TO PLANT warm-season crops requiring warm weather and soil for rapid growth: beans, corn, cucurbits (cucumber, gourd, luffa, melons, and squash), peanuts, peppers, sunflower, tomatoes, and tender herbs.

TO PLANT pumpkins in late June for Halloween. Stop watering onions and garlic grown for bulbs when leaves begin to turn yellow. Dig bulbs when tops have fallen over and place in a shady, well-ventilated area to cure.

TO APPLY nitrogen fertilizer to warm-season crops to promote growth. Fertilize when: corn is 6 inches tall and 24 inches tall; cucurbits when plants begin to produce runners; eggplant, peppers, and tomatoes when plants begin to bloom and again a month later; beans for a month after planting or when runners start to climb. For every 10 feet of row, apply 1/4-1/2 cup of ammonium sulfate or 1/4-1/4 cup of ammonium nitrate alongside the row a few inches from the plants, then irrigate thoroughly.

TO CHECK plants for pests. Dust tomatoes lightly with sulfur when plants are a foot tall to control russet mites (older leaves die prematurely). Apply sulfur with a dust blower when wind is calm. Wrap paper collars around the stems of tomato transplants when planted to protect them from cutworms.

VEGETABLES, ANNUALS

from UC Cooperative Extension Publications

NOW IS ONE OF THE BETTER TIMES IN FROST-FREE AREAS

TO PUT IN TRANSPLANTS OF: eggplant, sweet potato, tomato—African daisy (*Arctotis stoechadifolia*), celosia, centaurea, coreopsis, marigolds, nicotiana, petunia, salpiglossis, salvia, scabiosa, sunflower, and tithonia.

TO PUT IN SEEDS OF: beans, corn, cucumbers, endive, leaf lettuce, melons, okra, onions (green), parsley, parsnips (in May), peppers, radish, squash (winter and summer), turnips—ageratum, amaranthus, balsam, coleus, cosmos, dahlias, four o'clocks, mignonette, morning glories, nasturtiums, portulaca, strawflowers, sweet alyssum, Virginia stock (*Malcomia maritima*), and zinnias.



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GARDENING WITH LOW-ALLERGY PLANTS

BY JONI T. LOW

POLLENS, MOLD, SPORES, DUST, and strong scents can all cause problems for some people. But if you suffer from hay fever and asthma along with millions of other individuals in the United States, it doesn't mean that you need to avoid the pleasures of gardening. The San Diego Regional Asthma Coalition, in collaboration with the American Lung Association of San Diego-Imperial Counties, created a brochure that identifies low-allergy plants and trees. A more extensive list of low-allergy plants and trees can be found at www.sdrac.org. By using this plant guide, you can enjoy gardening by selecting plants that won't have as much of an impact on your allergy symptoms. Bradford pear, bush poppy, bougainvillea, and geraniums are just some low-allergy trees and plants that you can select. Here are some other tips to garden by:

The most important rule for low-allergy gardening is to avoid all wind-pollinated plants (such as grasses, weeds, and wild flowers). The pollen from these plants is inhaled easily and can cause problems for people sensitive to pollens. Most trees are wind-pollinated and should be kept well away from the house. Especially avoid ash, beech, birch, elder, hazel, lime, oak, pine, poplar, sycamore, willow, and yew trees.

Instead, choose insect-pollinated plants, since less pollen is produced and is not easily airborne. Blossom trees, most flowers with large petals, shrubs, and herbs are usually insect-pollinated. However, avoid heavily scented plants, including roses, jasmine, wisteria, freesias, sweet peas, and hyacinths, which may occasionally trigger attacks in people with asthma. Individuals who are pollen sensitive also should avoid asters, chrysanthemums, dahlias, daisies, and sweet William. Select flowers and shrubs that are lightly-scented. If you dry herbs, it is best to dry them outdoors.

Lawns and hedges can trap pollen and mold spores, so it's best to avoid them or, at the very least, keep your lawn cut short. Avoid climbing plants around windows as pollens and dust can collect on the leaves and blow into rooms when there is a breeze. To suppress weeds, use low-allergen ground cover plants such as vinca and ajuga.

Mold builds up in compost and rotting vegetation so keep it covered or place in plastic bags. Don't use organic mulches or mushroom compost, because they contain fungi and spores.

Plant your garden in early spring when the pollen

count is low. During midsummer, work in your garden in the late morning or late afternoon. Avoid gardening at dusk or in the early morning hours when pollen counts are highest.

Wear a hat and sunglasses in the garden to reduce pollen contact with the eyes and to catch airborne allergens. If your pollen allergies are severe, you may consider wearing a mask over your nose and mouth. Before you go indoors, remove your hat and outer clothing. It's also a good idea to shower and wash your hair to get rid of any remaining pollen.

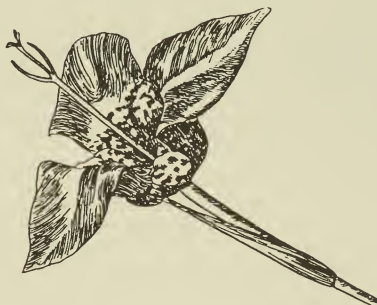
To find out when various plants produce pollen, see Pollen Season Chart.

Happy Gardening! □

Joni T. Low currently works for the American Lung Association of San Diego-Imperial Counties (ALA) and is the asthma coalition coordinator for the San Diego Regional Asthma Coalition. The Coalition is a collaborative of over fifty diverse agencies and individuals committed to providing leadership in identifying, developing, mobilizing and coordinating resources to prevent asthma and positively impact the lives of people affected by asthma.

[Web site www.pollen.com shows a four-day forecast of pollen counts and says they will send free e-mail "Allergy Alert" information.

At www.sdrac.org, on first page, "Low-Allergy Plants" is listed as (pdf), or you may call Joni Low at 619-683-7520 for this brochure.] editor



Tigridia pavonia (tiger flower, Mexican shell flower),
a low-allergy flower

FIFTY YEARS WITH STAGHORN FERNS

BY ROBERT HORWITZ

WHEN MY WIFE AND I built our home in Point Loma over fifty years ago, a cousin gave us a staghorn fern as a house warming gift. Over the years that pup has



Staghorn fern (*Platycerium* sp.)

produced over one hundred pups of its own, some maturing into fern clusters as big as four feet across consisting of fifteen plants or more. As a result of this grand proliferation, we have been able to give away to grateful gardeners many of these pups. The most notorious one was a cluster of ferns that took five men and a truck to haul it to Quail Gardens, where I believe it still resides.

The name staghorn is very fitting when you look at the fern. The fern consists of both sterile and fertile fronds. The fertile ones look just like the horns of a mature stag. The sterile fronds provide a base from which the fertile fronds emerge, and the base also houses the roots and material they grow in.

In the staghorn's natural environment, it grows mostly in the crotches of tree branches where detritus can gather and nurture the spores of the fertile fronds. The plants also reproduce by sprouting pups from the roots of the existing plants, which emerge aggressively along side of the progenitor.

The care of the fern is easy, as all it requires is a suitable backing containing composted leaves and some soil. It will tolerate considerable sun, up to three hours

a day, but grows best in the shade. The roots should be kept barely moist. You can feed it occasionally with liquid fertilizer and occasionally with ground up banana peel.

They are very attractive when hung from a sturdy tree branch or hung against a fence or wall. Make sure that the base in any case is strong enough to support the fern wherever it is.

A close cousin of the staghorn is the moosehorn fern, named because its fertile frond looks just like the horns of a moose. This fern is larger and heavier than the staghorn. It only can be propagated by using mature spores, which can be scraped off the bottom side of the fertile fronds and strewn onto a medium that is designed to propagate fern spores.

The lathhouse in Balboa Park has many beautiful specimens of both staghorns and moosehorns. If you think you would like to grow one, you can observe them there. □

Robert Horwitz is a retired space engineer who gardens in the Point Loma section of San Diego.



Moosehorn fern (*Platycerium* sp.)

HOW TO GROW LAVENDER

BY ELLEN SULLIVAN

WHEN MY HUSBAND, PAUL, and I purchased a nine-acre farm in Valley Center in late 1998 and decided to plant certified organic lavender, we did not know a lot about the colorful herb except that it possessed an appealing fragrance and that many different items could be produced from it such as lotions, soaps, and floral water.

So it became our mission to learn as much as possible about lavender so we could produce a successful field. To get first hand information, Paul and I traveled the world to visit lavender farms in such countries as Australia, Italy, and France, where we talked to the owners about their experiences.

FIFTEEN THOUSAND PLANTS TODAY

We named our property The Lavender Fields—started with just ten plants and learned how to propagate them. Today we have more than fifteen thousand plants including dozens of varieties of French and English lavender.

Long appreciated for its scent and healing qualities, lavender is one of the most popular garden plants of our time. This herbal variety has delighted generations of gardeners with its exhilarating perfume and its spectacular visual appeal.

CLASSIFICATION AND LAVENDER SPECIES

Lavender belongs to the Labiatae (mint family, Lamiaceae), which contains square (or rectangular) stemmed plants such as thyme, mint, and sage. The genus *Lavandula* includes over thirty species of small shrubs or herbs. The botanical name is derived from the Latin verb “lavare” meaning “to wash”, a reference to the use of water perfumed by oils of members of the genus.

SOIL REQUIREMENTS

Lavender prefers neutral to alkaline soil with a pH factor between 6.0 and 8.0. A considerable range of light, well-drained soils are generally quite suitable for lavender growing.

CHOOSING PLANTS

Look for cutting-grown rather than seed-started plants especially for hedges since the ultimate size of seed-grown lavender can vary. Most kinds will thrive for twelve years before they need replacing.

GENERAL CULTIVATION

Lavender is easy to grow in the West's warm, dry climate, requiring little in the way of pest control, fertilizer, and once established, water. The two basic requirements to grow lavender successfully are full sun

(at least six to eight hours per day) and well-drained soil. Water when the plants need it. I recommend drip irrigation in the San Diego climate. Where soil drains poorly, grow lavender in raised beds. The distance between lavender plants is largely a matter of preference. If you're planting for ornamental purposes, lavender may be used en masse planted either well apart as separate entities or close together to form a canopy effect. Other lavender may be planted singly or as hedges.

As a general rule, because good air circulation is important for the plants, set full-size varieties about two to four feet apart, depending on variety; dwarf types about eighteen inches apart.



PRUNING

I recommend implementing a careful pruning regime because I believe that keeping plants trimmed is one of the best ways of maintaining young, healthy, and vigorous plants. Prune at least once a year for the whole life of the lavender bush.

HARVEST

Harvest when the first few blossoms have opened after the morning dew has dried but before the heat of the day. Snip stems when the bottom third of blossoms are open. Remember that not all blooms are ready to cut at the same time. Remove leaves from stems, gather stems in bunches, and secure each bundle with a rubber band. Hang upside down in a dark room with good air circulation. Note: Lavender flowers will fade in color if exposed to sunlight.

Follow the tips above and you will have lavender plants to enjoy and, perhaps, use for years to come in cooking, as a fragrance in a number of toiletries, and to improve various health conditions.

THE USES OF LAVENDER

Lavender was used by ancient Romans to scent their bath water. Since ancient times, it also was stored with clothes and linen for a fresh scent. Today, lavender is popular for a variety of uses:

In the Kitchen: Lavender buds can be used in the kitchen in salad dressings, in a seasoning rub for meats, in breads and biscuits, cakes, cookies, ice cream, jellies, chutney, and flavored icing sugar.

As a Fragrance: Lavender is used for its pleasant smell in potpourri, lavender bags and sachets, also in soaps and candles. Lavender oil is also widely used in the perfume industry as well as in such products as shampoos, deodorants, soaps, candles, face creams, and moisturizers.



For Health Qualities: Lavender oil is perhaps the most versatile and useful of all essential oils used in aromatherapy today. The oil is used to lift depression, combat tiredness and help relaxation. It also possesses strong disinfectant properties and is useful in treating minor cuts, bites, burns, and stings.

Lavender also has valuable properties in skin conditions such as acne, eczema, seborrhea and spots, and helps conditions associated with rheumatism, arthritis, muscular aches and pains, menstrual cramps, earache, and indigestion. □

Ellen Sullivan is the co-owner with her husband Paul Berhardy of The Lavender Fields in Valley Center. She can be reached at 760-742-1489 or www.thelavenderfields.com.



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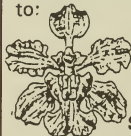
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HOW TO HELP YOUR HOA SAVE MONEY AND WATER

BY MICHELE CHERRY

ONE OF THE MANY costs associated with buying or renting a home is a monthly fee paid to the Homeowner's Association (HOA) to cover the cost of maintaining the common landscaped areas within the community. Many San Diego residents do not realize just how much the water usage in these common areas directly affects their HOA fees. To help reduce water usage, the City of San Diego's Water Department is encouraging residents and HOA board members to participate in the free Commercial Landscape Survey Program (CLSP).

"Our studies indicate that more than half the water used by San Diegans goes toward irrigating landscapes," states Dan Carney, Landscape Architect and Program Manager for the City's Water Conservation Programs. "If we can help communities learn how to water their landscapes more efficiently and prevent over-watering, then we create the potential to save a considerable amount of water — water that could be saved and stored for future supply needs."

The CLSP is provided free of charge to commercial, industrial, and institutional Water Department customers in the City of San Diego. Qualifying properties must have more than one acre of landscaped property. The expert services of the program include an audit of the irrigation system, a written evaluation of the irrigation system's performance, aerial photos of the property, color photos of areas to improve, practical advice and water-saving recommendations, a water use budget for the upcoming year and an irrigation controller schedule for each month. Properties previously surveyed have reported savings of more than 20 percent.

Dr. Howard Dawson, Rancho Bernardo resident and Board Member for the Chapala HOA, searched for ways to save money for his community. Based on advice from their landscape company Jim Vitale Landscape Maintenance, Inc., he signed up for the Water Department's Commercial Landscape Survey Program. "Landscaping costs have always been a big problem for us," stated Dr. Dawson. "Our erratic water bills helped us narrow down the problem to irrigation. We were spending \$40,000 a year to irrigate 3½ acres of lawn, 4 acres of slopes, and 400 trees. If we could reduce that amount by at least 10 percent, that's a big savings. We hired a new property management firm and a new landscape company to help make some adjustments, but

that still wasn't enough. That's when we decided to sign up for the survey."

In December 2004, the Water Department conducted a thorough survey of the 151-unit Chapala community. The City's highly trained irrigation specialist identified potential water savings in several areas including: types of sprinkler heads, overlapping of sprinklers, water pressure, slopes, and irrigation schedules.

"The survey was performed in a very professional manner," noted Dr. Dawson. "Our next step as a Board is to review all the recommendations and the detailed report (which identified a potential 40 percent water savings), to identify if we can cover the costs of installing some of the recommended fixtures. Some of them are expensive, but we are hoping to create a phased plan that would allow us to implement some of the recommendations immediately."

To help offset costs associated with some of the water-saving fixtures recommended through CLSP, the City of San Diego Water Department will soon offer survey participants the opportunity to apply for financial incentives for the installation of such fixtures. Only survey participants are eligible to receive incentives, which will include vouchers for weather-based irrigation controllers and cash rebates for efficient irrigation equipment such as sprinklers, valves and water pressure regulators.

According to Dr. Dawson, "I would absolutely recommend other HOAs to take advantage of this free service. Not only is this program going to help save money, but it's a great way to do something for the environment, especially since water is such a precious commodity."

[The Commercial Landscape Survey Program is provided free of charge to commercial, industrial, and institutional customers of the City of San Diego Water Department. The program is made possible by funding provided by the San Diego Water Authority and the Metropolitan Water District of Southern California. To schedule a survey, or for more information, please call 619-570-1999, or e-mail water@sandiego.gov. If you live outside the City of San Diego and would like to schedule a survey, please call 1-888-271-0800.]□

Michele Cherry is a Water Conservation Specialist, City of San Diego Water Department.

UNIVERSITY OF CALIFORNIA SCIENTISTS CONFIRM THAT HEALTHIER FOOD COSTS MORE

MAKING A FEW SIMPLE DIETARY improvements, such as substituting 100 percent whole wheat bread for white bread, lean ground beef for regular, and low-fat cheese for whole-fat, increases monthly food spending \$70 to \$80 per month for a family of four, according to a new UC study. This higher cost represents 35 to 40 percent of low-income consumer's food budgets. "We were not surprised to discover that people would need to spend almost \$1,000 more per year to feed their families a more nutritious diet than if they were simply to buy the cheapest foods," said UC Agricultural Issues Center research economist Karen Jetter, one of the study's authors. "This confirms the belief that cost may be one barrier to healthier eating."

The study, published in March 2005 as a UC Agricultural Issues Center *Issues Brief*, Compares the availability and cost of the standard Thrifty Food Plan (TFP) market basket to market basket of healthier substitutes. The TFP is a low-cost meal plan developed by the USDA that demonstrates how people on a modest budget can meet the USDA food pyramid guidelines.

Jetter's co-author, director of the UC Davis Center for Advanced Studies in Nutrition and Social Marketing Diana Cassady, reviewed the USDA's food plan and identified healthier substitutes for dairy, meats, canned fruit, fats, breads, and grain products. Fresh fruit and vegetable selections stayed the same. Surveyors recorded the lowest price per unit for each item at grocery stores in high and low income Los Angeles and Sacramento neighborhoods. In all, twelve stores in Los Angeles and thirteen stores in Sacramento were surveyed three times to account for seasonal fluctuations in prices. The surveys were conducted in summer 2003, fall 2004, and spring 2004.

Some stores never carried the healthier items. Six stores never had 100 percent whole wheat spaghetti. Three stores never had 100 percent whole wheat English muffins, higher fiber hamburger buns, or low-fat cheddar cheese; Two stores never had 100 percent whole wheat bagels or unbreaded frozen fish filets. When the healthier items were unavailable, the authors used an average price from similar stores in similar neighborhoods.

The healthier market basket was always significantly more expensive than the TFP market basket. The average cost of the TFP was \$194 for two weeks and the cost of the healthier basket was \$230. The average increase in cost was \$36 and ranged from \$32 to \$41, depending on the store location or store type.

Healthier substitutes cost more mostly due to the 100 percent whole wheat breads and whole grains, low-fat ground meats and skinless poultry.

"At the time of the survey, none of the stores carried a generic label whole wheat bread and the name brand breads were always more expensive," Jetter said.

The other source of price differences for grains was from differences in package sizes. Items such as white flour and white rice are sold in larger packages than whole wheat flour and brown rice. Although prices for a 10-pound bag of white or wheat flour may be the same, because consumers can purchase the 20-pound bag at a lower per-ounce cost, white flour is less expensive to use.

Similar results were found for canned fruit and for canola versus vegetable oils. A generic brand for fruit packed in heavy syrup was generally available in a 24-ounce can. However, a name brand may sell a 15-ounce can of either fruit packed in heavy syrup or juice at the same price. The per-ounce price of the larger can was generally less. Stores also sold a generic brand of vegetable oil in gallon containers, but canola oil was only available with name brands in smaller containers.

The healthier substitutes for meat and poultry were higher priced because they had less fat. Ground beef was priced according to fat content and as the fat content went down, the price went up. The lowest cost method to consume poultry without skin is to purchase the poultry with skin and remove the skin when preparing a meal at home. Poultry is served with skin in the TFP and without skin in the healthier market basket.

For a few items, the healthier substitutes were less expensive than the TFP market basket selections. Nonfat milk and potatoes (substituted for frozen french fries in the TFP basket) were generally less expensive.

A copy of the six-page *Issues Brief* "The Availability and Cost of Healthier Food Items," is available in pdf format on UC Agricultural Issues Center Website, <http://aic.ucdavis.edu>. Under the heading "Publications," select "Issues Briefs."

[Editor's note: This article caused me to wonder what the comparison of cost is between homegrown and purchased food. Some comments from Vincent Lazaneo, Farm Advisor at Cooperative Extension, are: that if one is already paying for water for plants, one could substitute fruits and vegetables. There is not much difference in the quality of potatoes, but tomatoes and apricots are worth the price. A general rule is that home growing costs more; some produce, such as asparagus, pumpkins, water melon, and corn take up too much room in the average yard. An advantage of do-it-yourself is that you can choose the type of plant, perhaps an unusual one, and get better quality. Swiss chard gives a long harvest, and a blueberry bush can be grown in a container for snacking.]□



Book Reviews

A GARDEN GALLERY: The Plants, Art and Hardscape of Little and Lewis George Little and David Lewis

Portland, Timber Press, 2005, 192 pages, 140 color photos, 9" x 10", hardcover, \$39.95

Backgrounds in art and archeology collide in the authors' Northwest garden, where the Mexican high desert meets the tropics with accents reminiscent of Mediterranean antiquity. Color, texture, and form in plant material and artifacts are presented in brilliant color photos and an informal text designed to inspire gardeners to follow their own creative instincts.

The authors have transformed a small plot of worn grass and a few tired trees into a lush paradise, where every inch of space is taken up with plants, pots, sculptures, and water features. They claim no initial design, only the impulse to plant and decorate in ways that are harmonious but always subject to change. Mystery and surprise are prime objectives: a path ends in a cul-de-sac, water drips from an unseen source, and potted plants atop a column give an unexpected perspective.

Variegated cannas and other large-leafed plants are favored as they pursue an environment that might have been excavated from the past. Thus the frequent use of cement columns of their fabrication, pitted and often painted to resemble the remains of ancient structures. Many water features include cement sculptures cast from the actual shapes of gunnera leaves or molded to represent various flower blossoms.

Practical information is laced throughout, with plant lists, methods of creating "single-drop" and jardiniere fountains, and the short-cut way to make plaster walls with Hardi-panels. Paint is applied to sculpture, clay pots, and walls, especially the Little & Lewis shade of lavender-blue, which has become a sort of trademark for them.

The garden is a living catalog for the authors' commercial enterprise of creating garden sculptures and other structures. Nearly all the photos are closely cropped images of pot groupings, garden corners, and sculpture

elements. As such they can be regarded as small scale examples that could be followed in any garden where imagination and artistry are to take root.

Reviewed by Marge Howard-Jones

PASSIFLORA: Passionflowers of the World Torsten Ulmer and John M. MacDougal

Portland, Timber Press, 2004, 430 pages, 358 color photos, 252 line drawings, 7 1/8" x 10 1/4", hardcover, \$34.95

A passion for *Passiflora* will surely be rewarded by this compendium of the vine with mysterious flowers and legendary fruit that also can be a shrub or a tree. The first hundred pages contain a detailed text covering, among many topics, information on the plants' history, propagation methods, pests and diseases, descriptions of geographic species, and various subgenera. Line drawings by Bettina Ulmer illustrate this section, which discusses 207 species and 31 hybrids, followed by a color gallery of blooms, leaves, and the *Heliconius* butterflies that depend on passion flowers for their nurture.

It is hard to imagine anything that one would want to know about *Passiflora* that could not be found in this book. The authors have devoted their lives to the study and propagation of this plant family (Passifloraceae). MacDougal, until recently, was conservatory manager at the Missouri Botanical Garden, and Ulmer, with his wife, Bettina, now runs a passion vine nursery in Germany.

Reviewed by Marge Howard-Jones

GROWING ORCHIDS IN YOUR GARDEN Robert C. M Friend

Portland, Timber Press, 2004, 220 pages, 174 color photos, 7" x 9", hardcover, \$29.95

Enthusiasts invariably insist that growing orchids is "easy as pie" and this author is no exception. The big difference here is that all the useful information he provides is sure to convince even the most skeptical of readers. Growing orchids from the age of ten, Friend has mainly pursued a legal career in his native Australia while also establishing himself as a tropical fruit orchardist. In his spare time, he has found an outlet for his love of orchids in the roles of landscape designer, hybridizer, and nursery owner.

For this book he has traveled the world to find orchids in their natural habitats as well as in gardens. Thus his expertise is unquestioned as he begins with basic information as to where orchids grow, their types of growth, climatic conditions, followed by directions for using his book! Epiphytes that grow on trees are introduced, followed by lithophytes that grow on rocks and walls, and the terrestrials that grow in the ground. Color photos enhance the descriptions, as do screened

sidebars offering tidbits of history, anecdotes, quotations, and other short incidentals to intrigue the casual reader.

Much of the book is given over to a survey of the types of gardens where orchids are to grow. The section on large gardens discusses trees and shade, irrigation and, of course, landscape design. Small gardens in the suburbs are another possibility, as are courtyards and balconies. The latter are popular for orchid growing in containers or on walls, which leads into complete chapters on just containers themselves and the many ways to grow orchids indoors. Color photos in this section include many spectacular landscape views as well as species' closeups.

An extensive list of recommended orchids, more than twenty pages long, includes information on where to plant, temperature needs, colors, flowering seasons, fragrance, and descriptive comments. Practical and easy to read, this is a book that will grab the attention of any gardener who wanders, even reluctantly, into its pages.

Reviewed by Marge Howard-Jones

ORCHIDS: A Guide to Cultivation

Keith Marshall

Crowood Press, Distributed by Trafalgar Square Publishing, North Pomfret, Vt., 2004, 160 pages, color photos throughout, 7½" x 10", hardcover, \$40

Orchids may popularly be considered the ultimate subtropical plant, but here is an amateur grower in the chilly north of England whose small handsome volume proves that geography is not a factor in growing these fascinating plants.

Marshall's survey of orchid growing follows a fairly familiar format from general information and cultural notes on light and food to propagation and diseases. But it is the color photos and, especially, the botanical drawings by his wife Vickie that are most impressive. Black and white renderings of plant parts enhance the descriptions of orchids at the beginning of the book while elegant color drawings introduce each chapter.

Photos of orchids in all their forms and stages are an effective addition to the text, as are the views of diverse natural habitats, ranging from tropical wilds to alpine meadows. Others focus on a variety of landscape situations; belying the concept of orchids as a "fancy plant" is the view of a large cluster of colorful epiphydiums growing in coffee tins at the side of a rough lawn.

The final chapters offer points to consider when showing and buying orchids. Details on how to transport orchids and how they are judged on merit and culture are very instructive. For the potential orchid shopper, there are tips on how much to pay and whether it is species or hybrids that will best serve the buyer's interest.

Reviewed by Marge Howard-Jones

TROPICAL AND SUBTROPICAL TREES: An Encyclopedia

Margaret Barwick

Portland, Timber Press, 2004, 512 pages, 1,981 color photos, 324 line drawings, 8¼" x 11", hardcover, \$69.95

Here is another book specializing in trees. There have been a number of these the last couple of years, but this is one of the best. It is well suited for our area as it includes many unusual trees that will grow here and many that may be seen in Balboa Park or Quail Botanical Gardens.

The format is an A-Z encyclopedia covering 319 genera of trees. The majority are covered on one page, but such popular ones as *Acacia*, *Erythrina*, *Ficus*, *Plumeria*, and *Tabebuia* have many species or cultivars pictured. Each genera has a sidebar including basic information on size, leaves, fruit, flowers, and growing conditions: light, water, salt tolerance. In addition each has a silhouette not only giving the shape but the mature height and width (both in feet and meters.)

The trees have been photographed worldwide, sometimes in their native land but most often in Australia, Florida, Cuba and California (Los Angeles Arboretum and Huntington Botanical Gardens.) Each tree is pictured as a mature specimen and details of bark, leaves, flowers and fruit also are pictured. For example, the Brazil nut, *Bertholletia excelsa*, has pictures of the fruit on the tree, about the shape and about the size of an orange and an opened fruit containing the individual nuts looking very much like the segments of an orange. This tree takes from ten to twenty-four years to produce fruit. Another interesting example is the *Afroparpus gracilior*, formerly *Podocarpus gracilior*, which we call the fern pine, of which are shown detailed pictures of both the male catkins, and the female's drupe-like cones.

In the opening introductory pages, under the heading of flowers, comes the caution not to identify a tree by flowers only. Four blooms are shown looking very similar yet are from four different genera: *Camellia sinensis*, *Mesua ferrea*, *Mammea americana*, and *Oncoba spinosa*. In looking this up in the A-Z section, I was surprised by the full page photo of a tea plantation in Malaysia, which looked nothing like camellias. An additional smaller photo had the explanation that *C. sinensis* can be kept low-growing to facilitate the picking of the tea.

The main drawback to the book is its weight. It is a reference book, which is great for browsing. Both the photos and the information are outstanding.

Reviewed by R. Cox



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THE WRITINGS OF GUY FLEMING

THE TORREY PINES DOCENT SOCIETY'S newest publication is *Guy Fleming Writings and Related Articles*. In the years 1915 through 1956, Guy Fleming contributed articles for publication in the San Diego Floral Association's magazine *California Garden*. Fleming writes about Torrey Pines State Reserve; its history, efforts to save it, and plans for the future. He paints a word picture of the spring flower bloom. He describes the role played by the Natural History Museum and the San Diego Floral Association in developing the area.

One section of reports is called "Californians Abroad" in which he explains how some plant species native to our area are now thriving in other parts of the state, country, and world. Another series is called "Wanderings." As he wandered about the county, he wrote accounts describing the geography and plant life.

Occasionally he would write a seasonal article such as "The Mysterious Mistletoe," or "Christmas Green." The "Related Articles" portion includes articles by A.D. Robinson, Lena Hunzicker, Robert Mansfield, and Lila Fleming.

Fans of Guy Fleming will enjoy traveling with him in his wanderings of appreciation for nature's beauty and his efforts to preserve and protect what he observed.

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"It is important for us to hear from our residential and commercial customers because continual improvement is a priority for our program," said Luis Generoso, Water Resources Manager. "Their feedback helps us determine how we can serve them better with the programs we offer. Whether it is creating new incentive programs or providing better customer service, our goal is to incorporate this feedback into decisions that develop convenient and effective ways for San Diegans to use water wisely."

Additional survey features include opportunities for customers to provide suggestions and new ideas for water saving programs, as well as an opportunity to share an interesting story about water conservation. Customers interested in filling out the survey who do not have access to the Internet can contact the water conservation program at 619-533-5294 to receive a survey in the mail. The *Southern California Heritage Gardening Guide* CD contains valuable tips and information on how to create a water-friendly garden, and was developed by the Metropolitan Water District of Southern California.

[The Water Conservation Program reduces water demand through promoting or providing incentives for the installation of hardware that provides permanent water savings, and by providing services and information to help San Diegans make better decisions about water use. For more information about Water Conservation, visit www.sandiego.gov/water or call 619-515-3500.]□

KATE SESSIONS BOOK

The complete collection of writings by Kate Sessions in *California Garden* magazine from 1909 until 1939 is available at the San Diego Floral Association in Room 105, Casa del Prado, Balboa Park. This book contains a plant index, and many changes in plant names, particularly scientific, have been noted. Often known as "The Mother of Balboa Park," Kate Sessions for over fifty years devoted her life to helping people grow beautiful plants in San Diego. She tells how in this book.

ROLAND HOYT BOOK REPRINT

Ornamental Plants for Subtropical Regions by Roland Stewart Hoyt has been reprinted by his sons. This book has been available only at rare book stores until now (going rate \$65). Bill and Mike have donated the new books to San Diego Floral Association. Ten dollars of each book sale will be added to the scholarship fund established in the name of Ethel and Roland Hoyt. The books are available at office above.

Half the book is a written description and sketch of each plant. In recent years, many scientific names have been changed, but there is an updated nomenclature at the end of the book.

The Complete Writings of Kate Sessions 1909-1939

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1650 El Prado #105,
San Diego CA 92101-1622



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San Diego Floral Association, Inc.
1650 El Prado #105
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